

HEART DISEASE DIET

TIME	MEAL	MENU	HOUSEHOLD MEASSUREMENT
9.00A.M	BF	Upma/poha/Dalia/Idli/ Egg (white) & chapati Tea/ Coffee (Without suger)	1 Bowl 1no 1cup
11.00A.M	MM	Fruit	1k
1.00P.M	Lunch	Chapatti/Rice Dal Salad Veg Curd	2nos/1 Bowl 1 Bowl 1 Bowl 1 Bowl 1 Bowl
5.00P.M	Eve	Tea+ Biscuits(marie vita / parle G)	1k 2nos
9.00P.M	Dinner	Chapatti/rice Vegetables Pulses Salad Curd	2nos 1 1k 1k 1k
10.00PM	BT	Milk	1 cup

➤ **Food Should be cooked in 3-4 tea spoons of oil.**

● **Dietary Guidelines For Cardiac:**

- 1) Dietary Guidelines For Cardiac: 1. Avoid Table salt, baking soda, ajinomoto, bakery products, papad, pickle, preserved, refined & processed food items, maida preparations, fried items, salted butter, cheese, sauces, packet soups, soup cubes, tinned and canned foods.
- 2) Use (1/2) half teaspoon of salt for the entire day's cooking.
- 3) Include Salt Substitute in diet such as tamarind, tomato, kokam, and dry mango powder.

❖ **GENERAL GUIDELINES**

- Oil consumption should be restricted to ½ kg/ month/ person i.e., 3-4 teaspoon per day.
- Eat a variety of grain products every day, include whole –grain foods that have lots of fiber and nutrients. Examples of whole grains include oats, whole wheat bread and brown rice

- Eat a variety of fruit and vegetable (Leafy Vegetables) servings every day. Dark green, deep orange or yellow fruits and vegetables are especially nutritious . Examples include spinach, carrots, peaches and berries.
- Eat fish at least 2 times each week. Oily fish , which contain omega-3 fatty acids are best for heart.
- Avoid foods high in fat like deep fried items, oily food, and thick gravies prepared from groundnut, coconut and milk cream.
- Avoid Hydrogenated fats (dalda, vanaspati) and reused oils.
- Avoid Organ meats (brain, kidney, liver, heart), shell fishes (prawns, crab, shrimp, lobster, oyster), egg yolk are high in cholesterol so to be strictly avoided.
- Try to exercise at least 30 minutes under the supervision of consulting physician.
- Instructions: • Avoid Gravies prepared of groundnut, cashew nut, coconut, milk cream, etc.
- Have whole fruit instead of juice.
- Try to incorporate methi seeds (2Tsp) & flaxseeds (2Tsp) everyday.
- Eat for wheat based products than refined products.
- Junk foods and maida preparations (pizza, burger, bakery items, etc) should be avoided.
- Eat for clear soups over creamy soup.
- Go for tomato based preparation than the white sauce creamy preparation.
- Have plenty of vegetable preparation.
- Drink clean water and Hydration important unless Doctor has advised the Water & Salt restriction Specially for Heart Failure Patients.